

Whole-Grain Oatmeal Rolls

Makes: 405 Servings

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Ingredients	Weight	Measure
Warm water	24 lb	2 gal 3 1/2 qt
Vegetable oil	3 lb 13 oz	2 qt
Whole wheat flour	23 lb	1 gal 1 3/4 qt
Enriched all-purpose flour	13 lb	2 gal 3 3/4 qt
Rolled oats	2 1/4 lb	3 qt 5/8 cups
Sugar	1 lb 5 oz	3 cups
Salt	10 1/3 oz	1 cup

Nutrition Information	
Nutrients	Amount
Calories	192
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	286 mg
Total Carbohydrate	33 g
Dietary Fiber	4 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	6 g
Vitamin D	N/A
Calcium	20 mg
Iron	N/A
Potassium	N/A
N/A - data is not available	

Instant nonfat dry milk	7 1/4 oz	3 cups
Active dry yeast	6 3/4 oz	1 cup

Directions

1. In mixer bowl, combine warm water (110 °F), vegetable oil, 8 lb of all-purpose flour and 8 lb of whole wheat flour in mixer. Use dough hook to blend well.
2. In a separate bowl, blend together 1 lb all-purpose flour, 1 lb whole wheat flour, oats, sugar, salt, instant nonfat dry milk, and yeast. Add to ingredients in mixer bowl.
3. Add remaining flour to mixer bowl, alternating between whole-wheat and all-purpose. Blend until well mixed.
4. Place dough in greased bowl and allow dough to rise until double in size.
5. Portion into 2.5 oz balls and place onto sprayed paper lined sheet pans (18" x 26" x 1") 6 across and 9 down. Makes approximately 7 ½ sheet pans.
6. Bake until lightly browned: Conventional oven: 350 °F for 20 minutes or until internal temperature reaches 193 °F.

Source: Gooding School District, Idaho